Environmental Psychology

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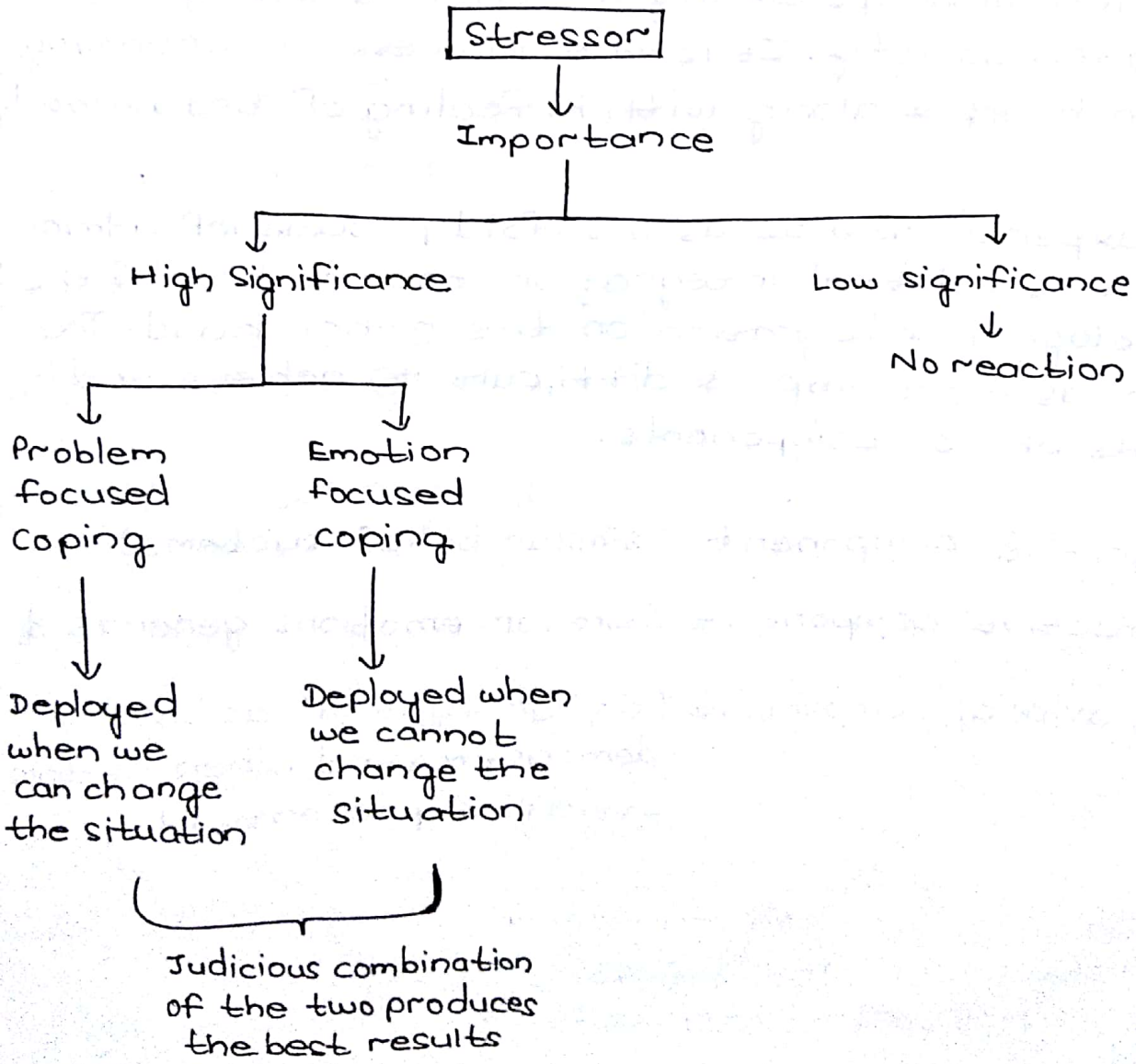
→ Psychological Intervention for population control — 15
  ↳ Promotion of small family norms — 10

* Stress Management
(involved in all the problems)



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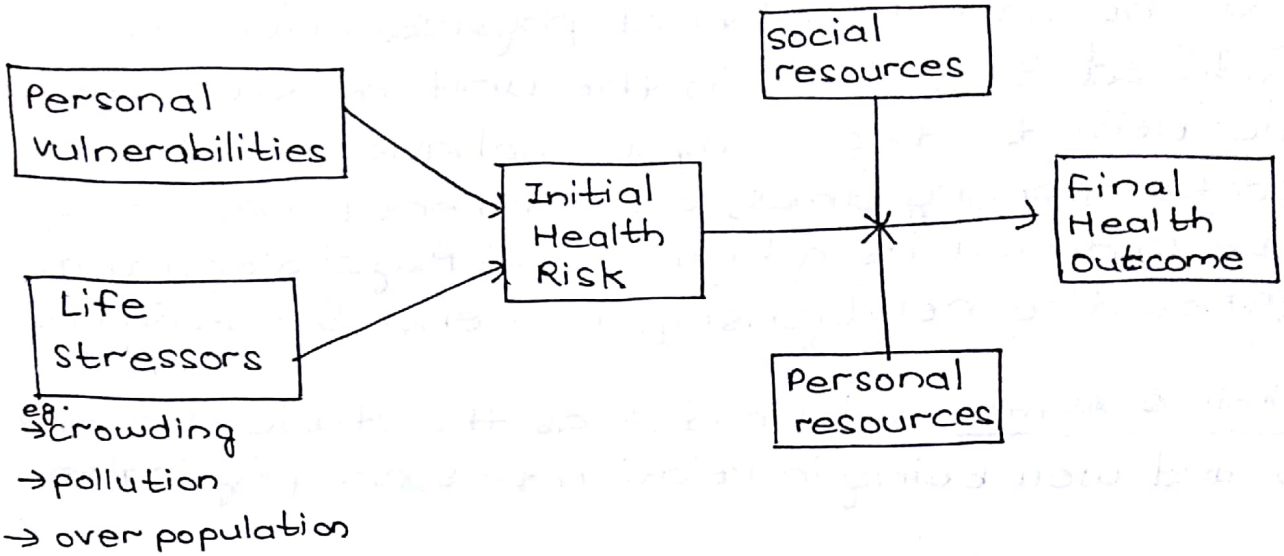
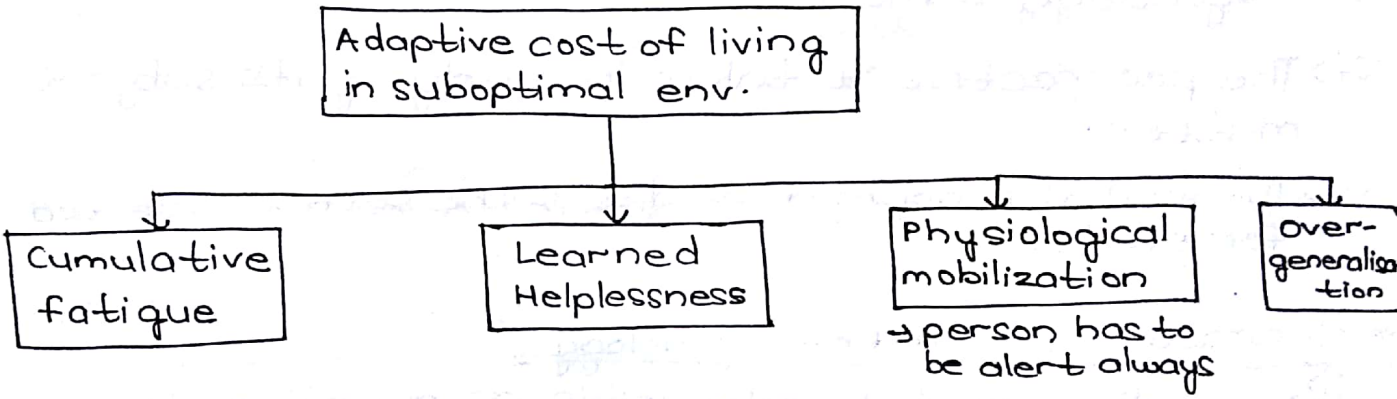
SHOUT
SHARE
IT

In any kind of environmental challenge, two imp. words:

a) Appraisal

b) Attribution





* Meaning & scope of Env. Psychology

↳ It has its origin in biological sciences like zoology & botany. Before 1940s predominant orientation of Psychology was looking within the person rather than what was around as potential source of explation for beh.

↳ It was in 1944 that Kurt Lewin wrote a famous paper titled 'Psychological Ecology' that forcefully acknowledged that opportunities & constraints of external env. should be carefully examined to understand the beh. of the individuals. The conception of env. by Lewin &

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& his associated was narrowly phrased in the terms of social env. The ecological context & physical env. in which beh. was embedded was not considered. In 1950s & 60s, the increased knowledge not only led to the consideration of physical env. but also introduced the shift in the unit of study from single beh. to the complex behavioral system. In contemporary times, environmental Psychology can be defined as a branch of Psychology that examines the relationship bet. env. & human beh.

* Stokols & Altman → defined it as the study of human beh. and well being in relation to socio-physical env.

- Environmental Psychology is distinct from other fields of Psychology w.r.t.

(i) The perspective it takes in studying its subject matter.

(ii) The kind of problem it studies & the settings selected for study.

* Characteristics of Env. Psychology

(i) It studies env.-beh. relationship as a unit rather than separating them into distinct & self contained components.

(ii) Env.-beh. relationships are actually inter-relationships. The env. influences & constraints beh. but beh. also brings about changes in the env.

(iii) Environmental Psychology is less likely to draw distinction bet. applied & basic research than other areas of Psychology. All research in env. psychology is problem oriented.

(iv) Eclectic methodology of study

(v) Env. Psychology is the part of interdisciplinary & international field of study of env. & beh.

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* Crowding

⇒ Relationship bet. density & crowding

- Density → Physical term
- Crowding → Psychological "

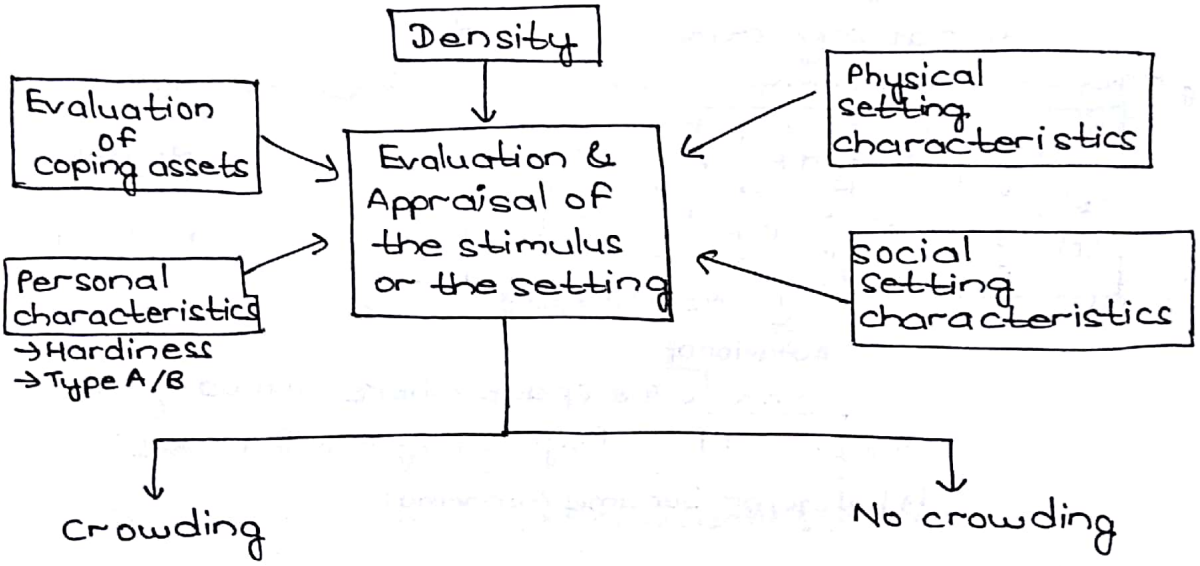
→ Appraisal of density

→ if appraisal tells that density is delibitating for us, then we experience crowding

→ density in necessary but not sufficient condition for crowding

eg (Feeling of Noise also depends on perception of sound)

∴ Appraisal decides experience of crowding & noise



* Crowding refers to an experience which is the outcome of appraisal of physical characteristics, situational variables, personal characteristics & coping assets. Thus, conceptualisation of crowding involves multi-faced experience of individual in response to density related factors. If -ve aspects of high density are not salient & homeostasis is maintained, no experience of crowding occurs. However, when potential -ve effects assume salience, crowding is set to occur. Crowding therefore is a

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psychological state characterised by stress & having motivational consequences.

1-Apr-2019

* Crowding is more of an issue for animals → Sense of Territory

↓

This is also a reason as to why men have more sense of territoriality

* Calhoun

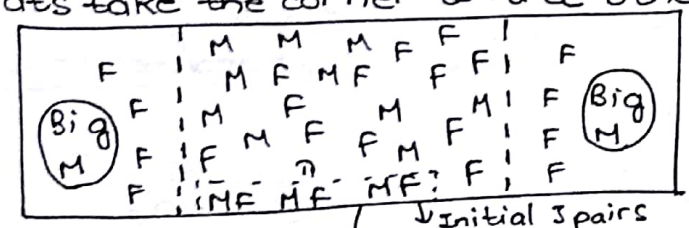
In a penn, 3 pairs of male & female rats

↓

as rat population Increased

↓

Big rats take the corner & force others into the middle



M:- male rat

F:- female rat

Behavioral Sink (The space where crowding happens)

(They had PPD (Psycho Physical Disorder)

↳ behavior became Abnormal

- Lemmings → short tail arctic rats
  → They commit suicides by drowning in the sea

⇒ Animals are not mentally fertile → They cannot innovate to handle crowding

⇒ Animals are more affected by crowding.

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Impacts of crowding

(i) Physiological Responses

↳ Immunity system ↓ & ↑ arousal
↳ Frequent illness
↳ PPD

(ii) Cognitive Responses

↳ poor Decision Making
↳ Cognitive Narrowing
↳ Task performance will suffer
↳ Judgement will suffer
↳ Attention level ↓

(iii) Affective Responses

↳ -ve emotions
↳ Anger
↳ rage, hostility, frustration, anxiety

• (Road Rage is an outcome of crowding)

(iv) Social Responses

↳ Interpersonal Attractiveness declines
↳ withdrawal
↳ Helping beh. declines
↳ other pro social beh ↓

* Psychological Models available to explain Crowding

(i) Stimulus Overload

↳ sustained
↳ Yerks-Dodson Law

(ii) Behavior Constraint

↳ freedom of beh. is constrained.

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3) Ecological Model

↳ Resource Depletion

↳ You can share resources with friends but not with Strangers.

4) Sustained Arousal

↳ Sustained neuronal firing → fatigue

↳ RAS system

5) Unwanted Interaction

6) Privacy Regulation

↳ Privacy gets violated, you are likely to experience crowding.

* How to reduce impact of crowding

* How will people respond to escape crowding?

Ans=a) Task Oriented Mechanisms

or

Defence " "

b) Problem focused Coping

or

Emotion " "

* Every unmanageable stressor produces → Learned Helplessness

↓

External locus of control.

* To Reduce Impact of Crowding

a)

- Use of → Professional help → Planning of houses, roads

eg. Architectural Intervention

→ low ceiling room, more crowding experienced

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→ Encourage use of public transport.

→ Plan work schedules → All the people do not have to go to office at the same time.

→ Self Control

↳ eg. During Diwali time, do not go out, if you do not have any work.

→ Individual level Intervention

→ Societal " "

→ Institutional " "

* Noise

↳ unwanted sound to the level that it hampers execution of organised behaviour.

↳ Not just physical but also psychological.

↳ Major Consequence → Amoyance & Irritability

Factors that enhance noise feeling → a) Volume
b) Predictability
c) Perceived control

(Theory of Planned beh.)
⇒ Perceived control → Attention levels of students went down when teacher told them that the door has been bolted from outside (though it was not true)

⇒ Predictable → Monkey → 2 groups → (I) predictable shocks
(II) unpredictable shocks

(II) → more ulcers

As, Unpredictability requires sustained arousal

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* Major sources of Noise which lead to noise pollution

(i) Occupational Noise
eg. machines at workplace

(ii) Transportation

* Impact of Noise pollution ~~crowding~~

• Psychological Impact

a) Cognitive → (i) reduced concentration

(ii) Loss of perceived control & learned helplessness

(iii) Poor judgement & Decision Making

(iv) Poor performance on vigilance Tasks

(v) → Problem of retrieval of info. from Memory

→ Poor memory performance

→ working memory problems.

(b) Affective & Behavioral

→ Interpersonal Distance
→ Narrowing of attention & focus on the limited part of env.
→ Sleep disturbances
→ Reduced liking & less pleasant evaluation of others
→ Increased aggression
→ lowering of productivity
→ Loss of motivation

(c) Physical

↳ Deafness
↳ Headache
↳ Gastrointestinal problems eg. ulcer

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→ Stress induced illnesses

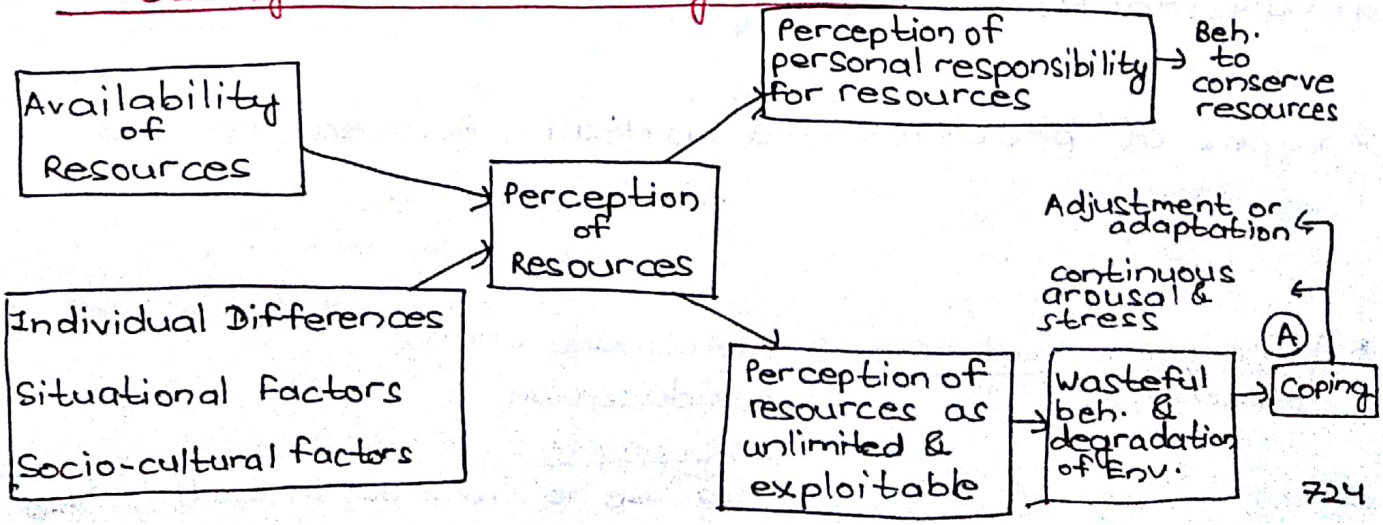
* Solutions [Attitude change ~~may~~ required]

a) Architectural Interventions → Noise producing centres outside the city.

eg. In Munich → children living in areas near airports, children used to switch off hearing function for some time
↓
Overgeneralisation
↓
Loss of imp. info. later in life

- Institutional → Architectural Interventions
  → Incentive & Disincentives
  → stipulating the allowed range of Db levels allowed in a factory
  → Planting trees to absorb noise (along the road)
  → Reduced volume of vehicles
- Individual → Building awareness to the harmful effects of noise pollution.
- Societal → community can put pressure on people who generate noise; societal norms

* Combating Environmental Degradation



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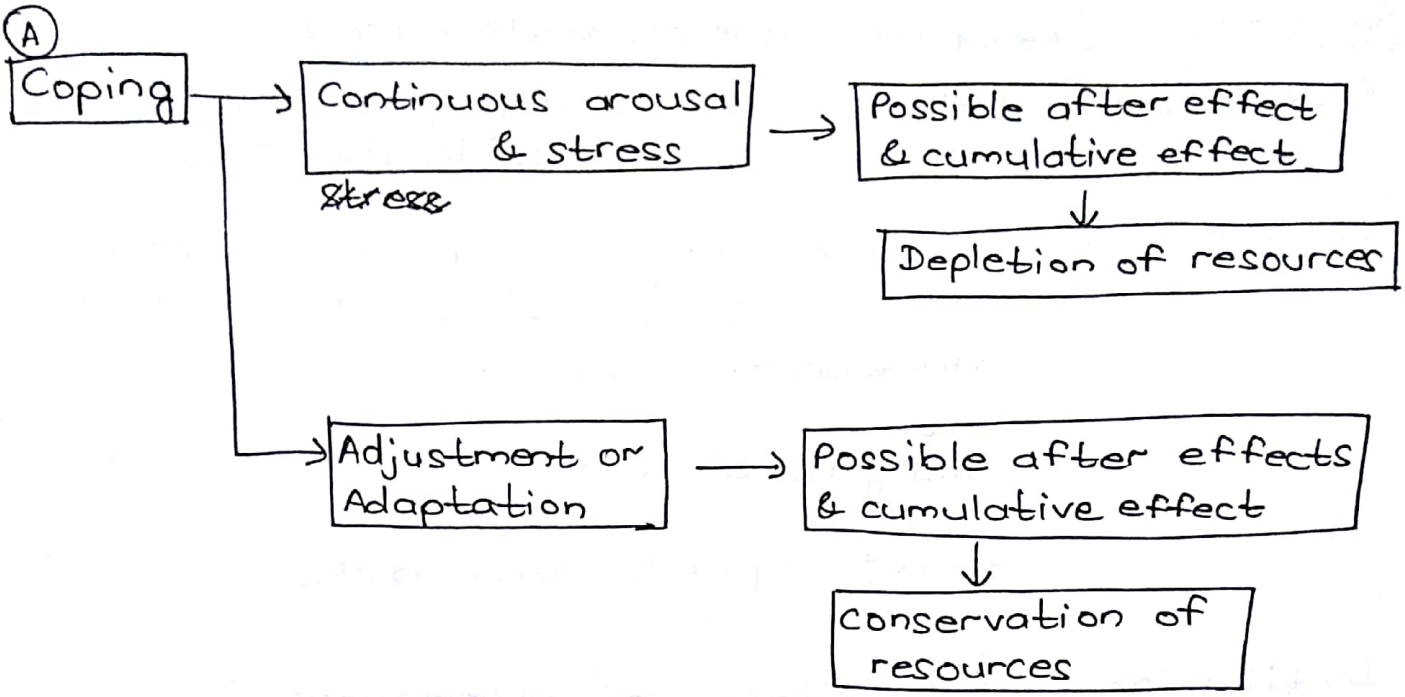
Perception is guided by Attribution & Appraisal.



⇒ This diag. can be used in sports Psychology

2 approaches

(i) Antecedent Interventions

(ii) Consequent "

*Reasons for Env. ~~Degradation~~ Degradation:

a) Faulty attitude

b) Lack of Awareness

c) Perceived control (not available) or poor

d) Cultural Norms (faulty)

2 types of problems ⟶ (i) Health Related Problems

(ii) Resource " "

* Antecedent factors (preventive) ⟶ a) Attitude Change

b) Education

c) prompts

eg: "use me" written on dustbins. 725

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eg. Writing → "We frown upon those who step on the grass.

* How to change attitudes → a) Pre-existing attitude knowledge
↓
To decide the program.
b) functions they ~~generate~~ perform.

Types of people → (i) Ecocentric
(ii) Economic centric
(iii) Anthropocentric
(iv) Self centric

⇒ Att. Change → (i) focus on attribution removal
(ii) Produce dissonance if people are damaging env.

(i) Eco-centric → intrinsically motivated
(those who believe env. to be a living entity)
→ They just need to be informed

(ii) Anthropocentric → save env. as ~~it~~ it is required for existence of human beings.
→ To save humans, save env.

(iii) Economic Centric → business with env.
→ If env. is damaged, you business will end, find an alternative.

(iv) Self centric → They don't listen
→ very tough to change them

⇒ Deci & Ryan Model

* Beh. → consequent determinant.

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- Consequent Determination → Reinf.
  - → Reward
  - → Feedback
  - → Punishment

- Technological Intervention
  - ↳ Green Technology

⇒ Make bins at convenient places

* Motivating people for small family Norms

* Reason for large family

a) Institutional
   - ↳ ~~eg.~~ target group is wrong (target based approach)
     eg. old people for sterilisation

b) Lack of involvement of women in Decision Making. (Patriarchal family system)

⇒ People with nAch → go for sterilisation

⇒ Trust in govt. hospital is less → produres fail or are ineffective

⇒

Fertility beh. is determined by Host of biological, sociological, psychological & economic factors. These factors not only affect fertility beh. directly but also in variety of combinations. In such complex situations, no one discipline approach is sufficient to provide satisfactory explanation.

The general understanding regarding the role of psychological factors happens to be:

(i) Psychological factors are one of the mechanisms through which social background factors operate to affect fertility beh.

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(ii) Psychological factors are independently imp. beyond being operational mechanisms of social background factors.

(iii) In some socio-demographic conditions, psychological factors are more imp. determinants of fertility beh. that in other conditions.

A no. of researchers have tried to examine the role of psychological factors in fertility beh. In general, some of the imp. psychological variables that were found to be present in the adoptees vis-a-vis non-adoptees.

* adoptees → change prone
→ These people will be successful in rehabilitation
eg. AIDS, juvenile delinquency, drugs

* For attitude & change → Transformational leader is required.

* Characteristics of adoptees

(i) High self efficacy
(ii) Tolerance for ambiguity
('Moving' after unfreezing → This quality is required for this phase
(iii) High nAch
(iv) " need for personal freedom
(v) Inter-spousal communication
(vi) High but realistic level of aspiration
(vii) Modality value orientation
(viii) Educational level of husband & wife
(ix) Awareness of methods of family planning
(x) Lower anxiety level
(xi) Desire for status improvement

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(xii) Level of freedom enjoyed by women
↳ People with high Latitude of Acceptance
↓
Respect other person & give more freedom.

* Among the factors identified for non-acceptance of family planning methods. Most imp. ones are:

(i) Perception & beliefs about health hazards
(why people in India esp. women do not participate in sports) ~~is Bad~~

(ii) Higher perception of infant and child mortality.

(iii) Conformitory orientation & dependency motivation.

(iv) Conflicting influences from in-laws

(v) Husband wife differences on fertility desires & on the use of contraceptives.

(vi) Conflict bet personal & social norms

(vii) Traditional values & high religiosity levels.

Apart from psychological variables, a no. of socio-cultural factors also play a role in determining fertility. The social structure (st.) of society & socio-economic & cultural elements constituting the social structure have a definite relationship with fertility beh. Social st. influences CRPs. A liberal social st. enabling women to have control over their bodies & make decisions about the no. of children will lead to low fertility.

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Interventions

(i) Awareness building in both genders about the imp. of small family norms.

(ii) Use of persuasive comm. to replace patriarchal value orientation & gender stereotype notions with modality value orientation that emphasises on gender eq., autonomy to women & children, mutual respect & tolerance, secular outlook & scientific temper.

(iii) Promotion of sex education

(iv) Female role models can be highlighted to demonstrate to women that they can also make it big in life.

(v) facilitation of inter-spousal comm.

(vi) Economic upliftment prog. for the opressed groups & better health facilities for them to promote small family norms.

(vii) Family planning ~~&~~ prog. should not be target ~~or~~ based rather they should include psychological factors to prepare people to accept the family planning methods.

(viii) Motivation & comm. methods used to propagate & practice small family norms should be consistent with the sub-cultures in which they are used.

(ix) Cost consciousness is an imp. factor that may encourage people to limit their families. The msg. that the cost of managing many children may not be adequately compensated by the earnings of children in future should be conveyed to the parents.

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